Date: _____   Class:2   Div: A/B/C   Roll No: _____   Sub: SCIENCE

Name: _____ Worksheet: 2

CH-2 HEALTH IS WEALTH

New words:

Drink	nutrients	energy	proper	alive	protective
healthy	pulses	diseases	vegetables	quantity	cucumber
uncovered	items	undigested	fibres	brush	groups

Q1. Fill in the blanks:

i. We eat food to stay _____.

ii. Our body has _____water in it.

iii. Eating _____provides us with fibres.

iv. We should eat meals at _____hours.

v. Body-building food gives our body_____to grow.

Q2. Match the following columns:

COLUMN-A	ANSWER	COLUMN-B
i. Energy giving food	ii. _____	(a) salad
ii. Fibres	ii. _____	(b) protective food
iii. Food	iii. _____	(c) rice , butter
iv. Fruits and vegetables	iv. _____	(d) body building food
v. Meat, pulses and meat	v. _____	(e) provides energy to work

Q3. State whether the statements are 'True' or 'False':

i. We should avoid eating uncovered food. _____

ii. Protective food helps us to get rid of undigested food. _____

iii. We must eat all kinds of food. _____

iv. Our body has 70% of water in it. _____

v. Body building food gives nutrients to our body. _____

Q4. Choose the correct option and answer the following questions:

i. What helps remove waste from our body?

(a) sugar   (b) fibres   (c) oil   (d) potato

ii. We should wash our hands:

(a) Only after eating   b) Only before eating   (c) Before and after eating   d) none of the above

iii. Body building food includes:

(a) Pulses   (b) sugar   (c) fruits   (d) rice

iv. Fruits and Vegetables helps us:

(a) Sleep   (b) grow   (c) stay healthy   (d) walk

Q5. Very Short Answer Type Questions:

i. Name two raw food items   _____

ii. Name one body building food   _____

iii. Name one protective food   _____

iv. Name one Energy giving food   _____

Q6. Short Answer Type Questions:

i. Name the three kinds of food.
Ans)_____

_____

ii. Why do we need food?
Ans)_____

_____

iii. Write any two healthy eating habits.
Ans)_____

_____

iv. Why are fibres important for our body?
Ans)_____

_____

v. What type of food should we eat food?
Ans)_____

_____